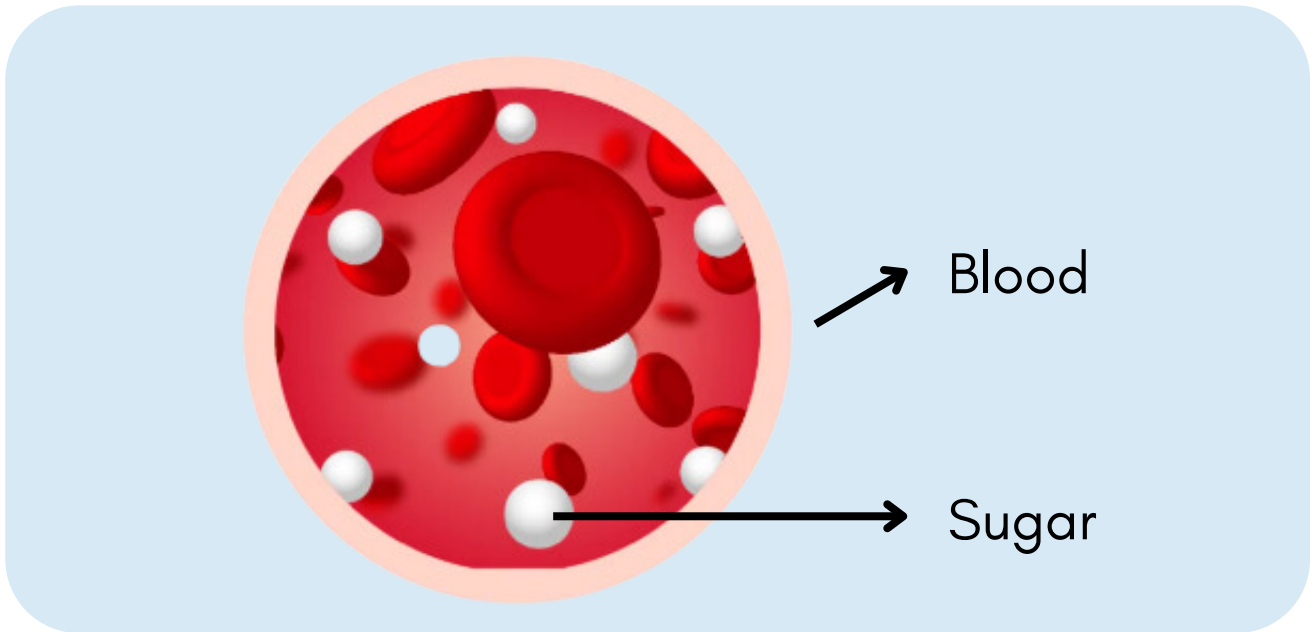


Diabetes

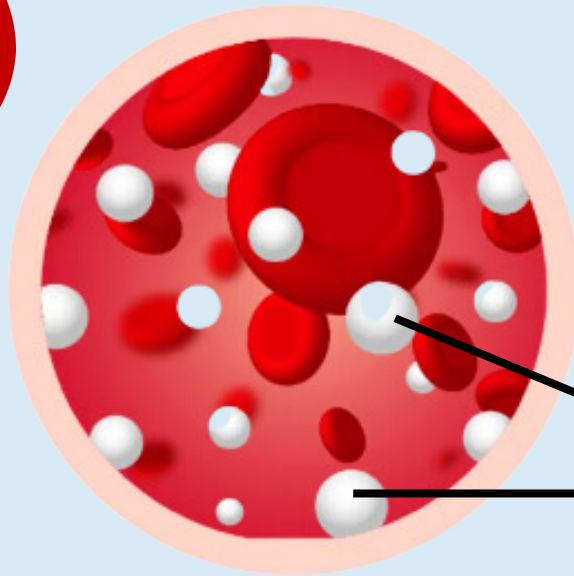
Easy-Read Material





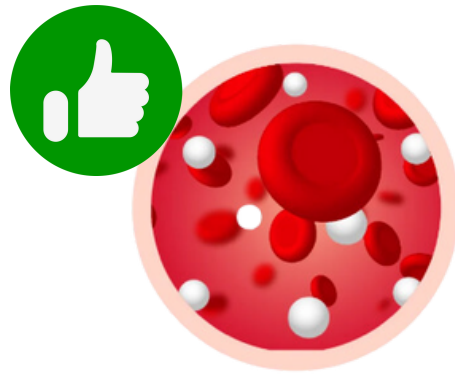
Our blood has sugar in it.
This sugar gives us energy.

Diabetes

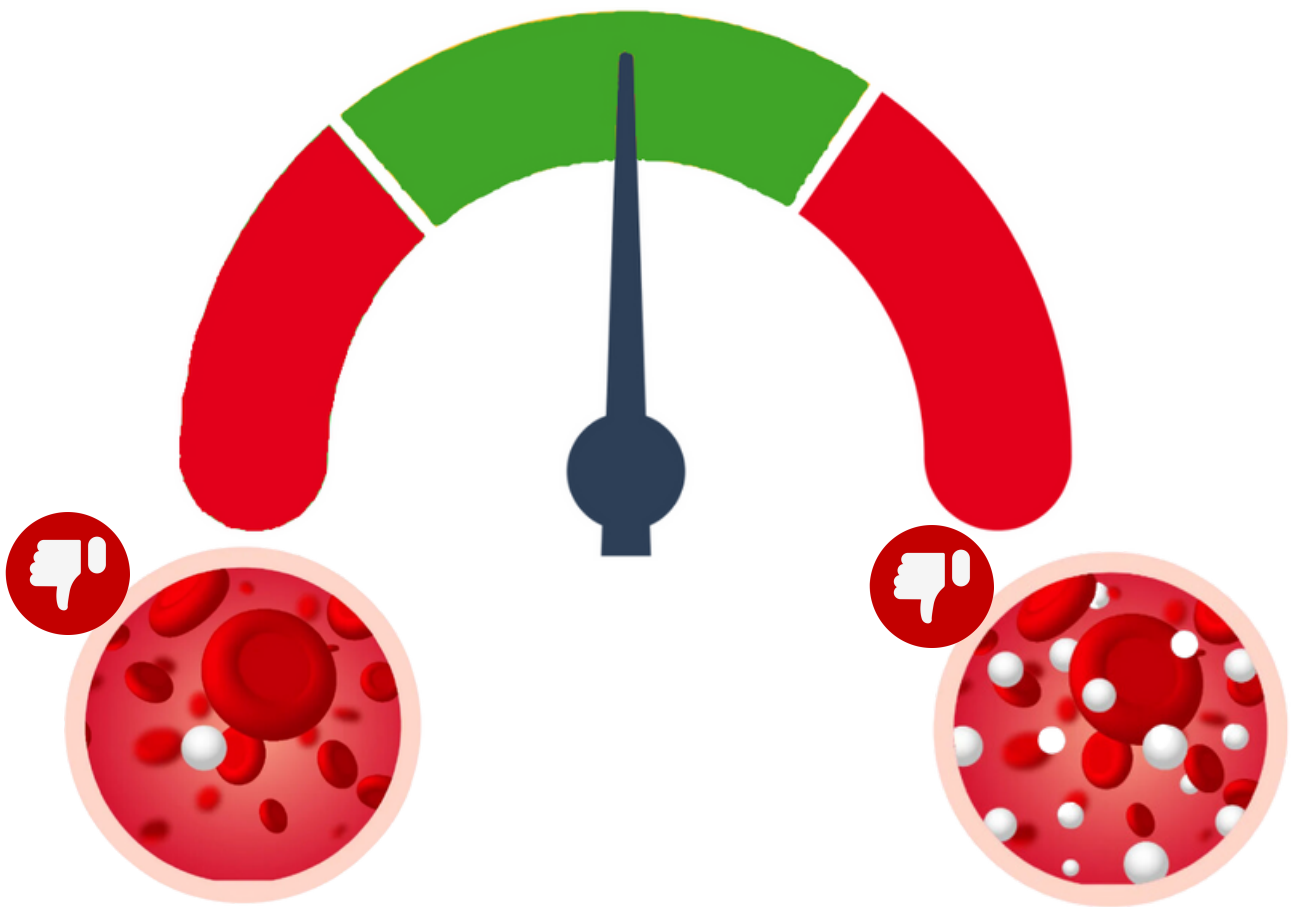


Sugar

Diabetes is a condition that happens
when your blood sugar is too high.
This is unhealthy.



Just right



Too little

Too much

Check your blood regularly.
Too little or too much blood sugar is not good.

Before Eating



**Blood sugar
level 4-6**

Test your blood sugar level **before eating**,
it should be within the range of **4-6**.

2 hr After Eating



**Blood sugar
level 6-8**

Test your blood sugar level **two hours after eating**,
it should be within the range of **6-8**.



Diabetes can happen to anybody.

How to manage blood sugar?



- Eat less sugary or processed snacks.
- Eat less salty foods.
- Don't drink so much alcohol, choose water instead.

Eat well and exercise



Eat different types of food.

A good meal should have meat, vegetables, fruits and grains.

Keep a **healthy weight** through diet and exercise.

Eating well



Eating healthy means to **eat just enough**.

Do not overload your plate with food,
a **dietician** can help you plan the right amount.

A dietitian is a professional who
helps people eat healthy.



- Half a plate of **vegetables** and **fruits** of all colours

- Quarter plate of **grains**

Grains are brown rice, wholewheat bread/pasta.

- Quarter plate of **protein**

Protein foods are meat, seafood, milk, cheese



DIETICIAN TIP:

Use olive oil or canola oil to cook



Exercise can lower blood sugar levels.

Find an exercise you enjoy and do it at least **three times a week.**

If you have diabetes,



Take your **medication** on time,
avoid smoking,
and **lose weight**.
This keeps blood sugar levels healthy.

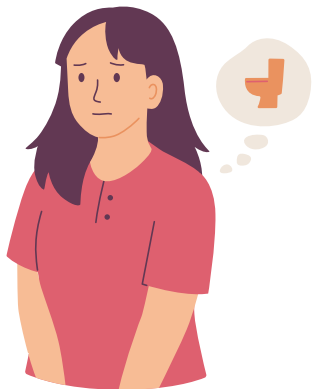
Diabetes can make you unwell.



feel more tired



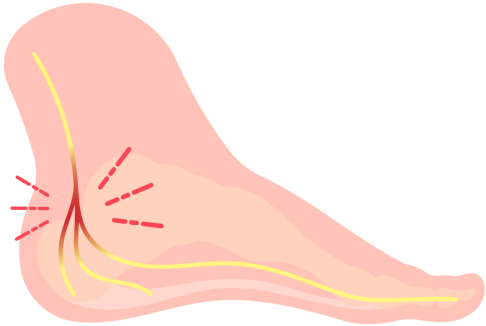
feel extra thirsty



pee a lot

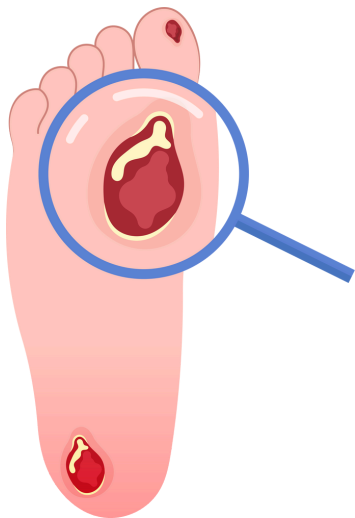


have blurry eyesight



Diabetes can cause **nerve damage**. Nerves tell the brain what the body **feels**.

Nerve damage means your body cannot tell your brain that it is in pain.



If you get injured, you might not feel it.

The injury can get **infected**.



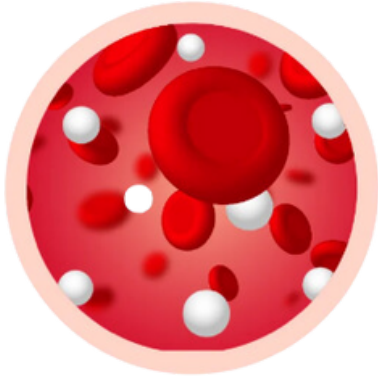
Infection makes your skin die and turn black.



When your injury cannot heal, you might face amputation.

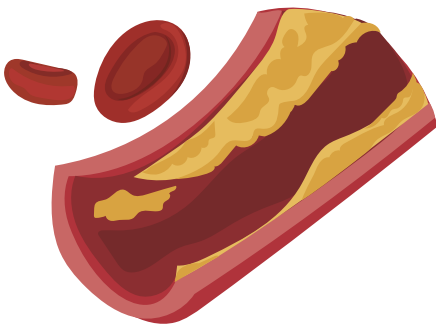
Amputation means the doctor has to remove the body part that is infected.

Diabetes and Blood Pressure



Blood flows around our body.

We measure flow by taking your blood pressure.



High blood sugar levels cause blood to become sticky and **block** the flow.

It is hard for the heart to pump blood in your body.

Blood Pressure



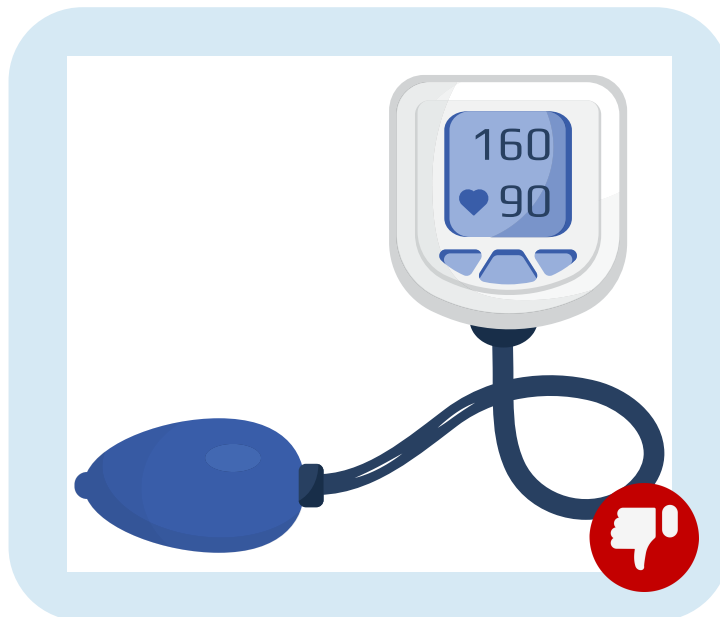
When blood cannot flow properly, it can cause high blood pressure. This is called **hypertension**.

Hypertension can lead to heart attack.



< **130**
— less than —
< **80**

Normal Blood Pressure



> **130**
— more than —
> **80**

High Blood Pressure

Check your blood pressure regularly.
A healthy level is **below 130/80**.

Hypoglycemia



**Too little
sugar**

Hypoglycemia means there is **too little sugar** in your blood.

When you have too little sugar in your blood these things can happen:



Sweating



Shaking



Hunger



Headaches

You can have too little sugar
in your blood because of:



**Side effect
of medication**



**Too much
exercise**



**Not eating
enough food**



**Drinking too
much alcohol**

**What to do when
you have low
blood sugar...**



3 teaspoons of
sugar or **honey**

or



1/2 cup **fruit juice**
or **soft drink**

If you have too little sugar in your blood,
eat or drink something sweet.



IDHealth

AN INITIATIVE BY
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